

Local FIT-WIC Self Assessment

This assessment tool is designed to help you assess WIC project practices that support the development & maintenance of healthy eating habits and an active lifestyle. Please place a check in the column that best describes your project's practices, making comments as needed in the comments section to explain your answers.

Individual Aspects of Local Clinic Environment	Yes	No	Comments
1. When participants walk into your clinic do they see & hear positive eating & activity messages? (Non-verbal: posters, displays, pamphlets, etc & Verbal: Comments of WIC staff)			
2. Do participants see healthy food choices in the public area? (What foods/beverages are consumed by staff during clinics or are visible to participants?)			
3. Do you have a WIC project or agency policy regarding food in work areas? If so, describe in comments section.			
4. Do the vending machines in the building stock food choices that help build healthy eating habits?			
5. Are WIC staff role models for healthy eating & an active lifestyle?			
6. Are healthy eating habits promoted by all WIC staff? How?			
7. Is an active lifestyle promoted by all WIC staff? How?			
8. Is a listing of free/low cost physical activity resources available to WIC families at your clinic?			
9. Are all WIC staff aware of the low cost/free physical activity resources available in the community?			
10. Does the project have a listing of free/reduced price nutrition resources in the community available to help families struggling to put healthy foods on the table? (Community gardens, school nutrition info, etc)			

Individual Aspects of Local Clinic Environment	Yes	No	Comments
11. Are WIC staff given regular inservices/training on their role in promoting healthy eating habits & an active lifestyle?			
12. Do WIC staff feel comfortable & knowledgeable when it comes to promoting the development of healthy eating habits & an active lifestyle with WIC families?			
13. Do you evaluate the effectiveness of your WIC Project's obesity prevention efforts?			
14. Does your community have free/low cost physical activity resources available to community residents? (i.e. trails, playgrounds, parks, etc)			
15. Do you have a way to share this information (#14) with WIC families? (i.e. brochure, flyer, etc)			
16. Does your community have a recreation area that is designed for, or accessible to, children with special health care needs.			
17. Are there community physical activity resources that are not available in your community that would be very helpful in enabling WIC families to lead more active lives?			